

MILWAUKEE COUNTY SENIOR DINING LUNCH



MILWAUKEE COUNTY
Department on Aging

FOR CURBSIDE PICK-UP

APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <div> RESERVATIONS REQUIRED CALL SITE </div> <div> <div>60+ Suggested Contribution</div> <div>\$3.00</div>  <div>find us on facebook</div> </div> </div>				
<div>Shaved Ham 1</div> <div>w/Mustard</div> <div>Multi-Grain Bread</div> <div>Red Cabbage Slaw</div> <div>String Cheese</div> <div>Jello Poke Cake</div> <div>Fresh Orange</div>	<div>Egg Salad 2</div> <div>Wheat Bread</div> <div>Veggie Pasta Salad</div> <div>Melon Wedge</div> <div>Snickerdoodle Cookie</div> <div>Banana</div>			
<div>Chicken Salad 5</div> <div>7-Grain Bread</div> <div>Marinated Vegetables</div> <div>Cottage Cheese</div> <div>Mandarin Oranges</div> <div>Rice Krispie Treat</div>	<div>ELECTION DAY CLOSURES 6</div> <div>Sub Sandwich</div> <div>Creamy Coleslaw</div> <div>Chips</div> <div> Cranberry Juice</div> <div>Apple</div>	<div>7-Layer Salad 7</div> <div><i>Hard Boiled Egg, Bacon, Peas, Shredded Cheddar, Romaine Lettuce Blend, Chives, Salad Dressing</i></div> <div> Fruit Punch</div> <div>Cornbread</div> <div>Strawberry Yogurt</div>	<div>Chopped Chicken 8</div> <div>Fajita Salad</div> <div>Tortilla Chips</div> <div>Baby Carrots</div> <div> Juice</div> <div>Chilled Pear Slices</div>	<div>Tuna Salad 9</div> <div>Marble Rye Bread</div> <div>Broccoli Slaw</div> <div>Pickled Beets</div> <div>Pretzels</div> <div>Fresh Fruit Cup</div>
<div>Roast Beef Spread 12</div> <div>w/Mayo & Horseradish</div> <div>Sesame Bread</div> <div>Marinated Bean Salad</div> <div>Cauliflower</div> <div>Chilled Apricots</div> <div>Lorna Doone Cookies</div>	<div>Turkey Salad 13</div> <div>Oatmeal Bread</div> <div>Pasta Salad</div> <div> Orange Juice</div> <div>Lemon Bar</div> <div>Pineapple</div>	<div>Chef's Salad 14</div> <div><i>Mixed Greens, Julienne Ham, Turkey, Cheese, Egg, Tomato, Croutons, Ranch</i></div> <div>Poppy Seed Roll</div> <div>Baker's Choice</div> <div>Banana</div>	<div>3-Cheese Sandwich 15</div> <div>w/Cucumber & Tomato</div> <div>Sourdough Bread</div> <div>Mixed Greens/Dressing</div> <div>Asian Coleslaw</div> <div>Fresh Broccoli</div> <div>Apple</div>	<div>Sliced Ham 16</div> <div>w/Mustard</div> <div>on Rye Bread</div> <div>French Potato Salad</div> <div>Cherry Tomatoes</div> <div>Fruited Yogurt</div> <div>Cereal Bar</div>
<div>Egg Salad 19</div> <div>Multi-Grain Roll</div> <div>Marinated Carrot Salad</div> <div>String Cheese</div> <div>Pretzels</div> <div>Cinnamon Applesauce</div>	<div>Roast Beef Sandwich 20</div> <div>w/Mayo on Crusty Roll</div> <div>Cucumber Salad</div> <div>3-Bean Salad</div> <div>Oatmeal Raisin Cookie</div> <div>Orange</div>	<div>Chicken Caesar Salad 21</div> <div><i>Grilled Chicken, Romaine Tomatoes, Croutons, Parmesan, Dressing</i></div> <div>Whole Grain Dinner Roll</div> <div>Cottage Cheese</div> <div>Sliced Peaches</div>	<div>Submarine Sandwich 22</div> <div>w/Lettuce & Tomato</div> <div>Potato Salad</div> <div>Pickle Spear</div> <div>Fruited Muffin</div> <div>Grapes</div>	<div>Chicken Salad 23</div> <div>7-Grain Bread</div> <div>Red Cabbage Slaw</div> <div>Sun Chips</div> <div>Brownie</div> <div>Fresh Fruit</div>
<div>Ham & Cheese 26</div> <div>w/Mustard</div> <div>Whole Grain Bun</div> <div>American Potato Salad</div> <div>Pickled Beets</div> <div>Fruited Yogurt</div> <div>Graham Crackers</div>	<div>Sliced Turkey 27</div> <div>w/Mayo</div> <div>Kaiser Roll</div> <div>Pea & Cheese Salad</div> <div>Pickle Spear</div> <div>Applesauce</div> <div>Baker's Choice Pie</div>	<div>Tuna Salad 28</div> <div><i>Celery, Onion, Tomatoes, Served over Lettuce</i></div> <div>Croissant</div> <div>Kidney Bean Salad</div> <div>Fruit Cup</div> <div>Chocolate Chip Cookie</div>	<div>Turkey Salad 29</div> <div>Whole Grain Bread</div> <div>Spinach Salad/Dressing</div> <div> Apple Juice</div> <div>Peanut Butter Cookie</div> <div>Fruit</div>	<div>Taco Salad 30</div> <div><i>Taco Beef, Beans, Cheese Tomato, Onion, Peppers Dressing, Shredded Lettuce</i></div> <div>Tortilla Chips</div> <div>Baby Carrots</div> <div>Cornbread Muffin</div> <div>Fresh Fruit</div>

View Menus Online! Milwaukee County Division on Aging: county.milwaukee.gov/aging ♦ Senior Dining Office: (414) 289-6995

SAFE FOOD SHOPPING GUIDE

Home food safety starts at the store. Grocery shopping must be done safely to reduce the risk of food poisoning. By following these recommendations, you can help make sure the food you bring home is safe.

STOREWIDE TIPS



Bring hand sanitizer and use it before sampling foods at the store



If the "sell by" date has passed, don't buy the product



Make sure food packages are free from holes, tears or openings

PRODUCE

When buying pre-cut, fresh produce, make sure it's refrigerated or set in ice



Keep fruits and vegetables separate from raw meat, poultry and seafood products in your cart

Pick produce that is free of major bruises and damages

Beware of bulk discounts, since fresh produce has a limited shelf life

CANNED GOODS



Avoid buying cans that are deeply dented, bulging or rusting

Buy these perishable items toward the end of your shopping trip:

MEAT, POULTRY & FISH



Put raw meat, poultry and seafood in plastic bags before placing them in your cart to keep them from leaking onto other foods



Choose pre-cooked meats and fish from the butcher counter that are completely separated from raw items in the display

DAIRY & EGGS



Choose a milk carton that is cold



Choose eggs that are clean and aren't broken or cracked

FROZEN FOODS



Frozen foods should show no signs of thawing

CHECKOUT



When checking out, bag frozen foods together to keep them cold

Bag raw meats, poultry and seafood separate from other foods to keep juices from leaking

HEADING HOME



Go home immediately after grocery shopping because perishable food must be refrigerated within two hours



- If you know you can't go straight home, bring a cooler bag to store the perishable items
- Wash reusable grocery bags regularly

For more tips to keep food safe from the store to your fork, visit www.HomeFoodSafety.org.



eat right. Academy of Nutrition and Dietetics

Read the label!

More than

90%

of Americans may be prematurely tossing food because they misinterpret food labels as indicators of food safety. Know your labels:



0 123456 789012
SELL BY: 18 JUNE 2020

The "sell by" date tells the store the last day they should sell that specific package.

The "best if used by" date is the recommended date for best flavor or quality.

The "use by" date is the last date recommended for use of the product at peak quality

Buy the product before the Sell By date passes and cook or freeze the product by the time on the Refrigerator/Freezer Storage Chart

If a product has a "use by" date, follow that date

WAYS TO PRESERVE FOOD & MAKE IT LAST LONGER

FREEZE

Wrap freezer items in heavy freezer paper, plastic wrap, freezer bags or foil

surplus food, such as abundant seasonal produce or meats to extend shelf life.

Blanch vegetables before freezing

Date all freezer packages and use the oldest food first

CONTENTS 03/14

FOOD FROZEN ON	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
	1	2	3	4	5	6	7	8	9	10	11	12
	13	14	15	16	17	18	19	20	21	22	23	24
	25	26	27	28	29	30						



USE A REFRIGERATOR THERMOMETER TO ENSURE THE FREEZER IS SET TO OR BELOW.

0°F

KEEP IT SAFE FROM PURCHASE TO PLATE

1 DON'T PURCHASE PRODUCE WITH MOLD OR BRUISES OR CUTS

2 WASH ALL PRODUCE BEFORE EATING

3 SEPARATE ready-to-eat foods like fruits and vegetables from raw meat, poultry, seafood and eggs

4 Set fridge to 40°F or lower

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